

To: James Hall
From: Michael Fiato
Date: August 20, 2021

Thank you for providing me with the opportunity to present the Lowell High School Strength and Conditioning coach at last night's personnel sub-committee meeting. I appreciated the chance to communicate in person the Strength and Conditioning coach proposal and have revised the job description and responsibilities based on the feedback from the sub-committee.

Rationale:

Lowell High School has a wide range of after-school programs, athletics, and co-curricular activities to offer students after school. Our school community will be heavily relying upon these engaging and high-quality programs to engage and involve our students in meaningful and enriching co-curricular programming, especially as we strive to re-engage our students after 18 months of remote learning.

As part of our engagement strategy at Lowell High School, we are proposing the addition of a Strength and Conditioning coach to provide supervised, structured, and evidence-based physical fitness and training coaching to ANY and ALL Lowell High School students and staff members, either before or after-school. Our intent is to connect students and faculty to exciting and safe physical fitness, training and coaching as a means for students and staff to rebuild bonds with the school, their peers, and staff as we rebound from over a year and a half of the impact of the pandemic.

Because many students do not have access to a health club membership or resources for personal training and transportation to and from a facility due to time constraints or fiscal limitations this creation of this position will enable students equity and access professional Strength and Conditioning coaching at the school site. It is our aim to foster a safe, supportive, and welcoming school environment and through the expansion of our co-curricular programming, create a school model that supports the whole child, before, during, and after-school hours. The research is clear about the connection between academic success, social-emotional wellness, and physical fitness. The fitness center would be open to all students and serve as an additional resource for students to maintain a healthy and positive connection with staff and peers.

Attached is the revised job description and a letter of support from a student who just graduated from Lowell High School. I also request that the exam fee for the licensure be reimbursed up to \$500 for those who passed the certification exam within 6 months of hire.

Strength and Conditioning Coach

Qualifications:

Certified Strength and Conditioning Specialist® (CSCS®)

Candidates must be Certified Strength and Conditioning Specialists (CSCS) which requires a specific certification. CSCS are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs, and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other **NSCA-CPT**.

Responsibilities:

The strength and conditioning stipend position would be responsible for the fitness center after school for 3 hours per day, Monday-Friday. This athletic trainer would supervise the fitness center and offer all students professional guidance, coaching, and training. This training would be available to all students who are Lowell High School students, even if they do not play on sports team. Review survey data from students throughout the school year to continually determine the needs, areas of interest, and preferred times for working out and exercising (i.e. before, after school, or even at home with exercise plans).

Stipend: Fall - \$6,300, Winter - \$6,300, Spring - \$6,300

Hi, My name is George Dristiliaris. I am a recent and proud graduate of Lowell High School, class 2021. I am now currently attending Valparaiso University to study Sports Management and play football at the Division 1 level. Sadly, I could not make this meeting due to fall football camp at Valpo. For this meeting I wanted to voice and share an opinion and recommendation that I think would benefit Lowell High School, it's students and possibly it's faculty and staff; the creation of a strength and conditioning coach position for Lowell High School. As someone who has had to outsource their athletic training, I understand and appreciate how fortunate I was to be able to do so. However, I know students within Lowell High School do not have the same opportunity as I have had. Through the years I have spent thousands of dollars on training and preparation not only for college but for high school sports as well. Giving the entire Lowell High School student body access to a strength and conditioning coach and the program can give these students that can not afford a trainer or gym membership a place to get and stay in shape, both physically and mentally. For students, athletes, and anybody in between, a strength and conditioning coach and program can not only be beneficial for the Lowell High School athletic program, but also for the school's entire community and gives students a place to go after school to help stay out of trouble. I think now is a great time to implement a conditioning coach and training program to Lowell High School with the opening of the new high school and post COVID-19 era. A new conditioning coach and program, without a doubt, will certainly complement a newly built and renovated state-of-the-art high school as well as the athletic program at Lowell High.

Thank you for your time and I hope you seriously consider this recommendation.

George J. Dristiliaris
Class of 2021